



About The Sunflower Project



What is the Sunflower project about?

It is a project to help us talk about death, dying and loss.



It is a research project for the NHS.

Research means we will be trying to find out about something.



What are we trying to find out about?

We are trying to find out about the best ways to support people and get them the information they need.

We will do this by listening and talking to people about their experiences.



Why is it called The Sunflower Project?

It is called the Sunflower Project to help us remember a member of Cornwall People First who died in 2021. He loved Sunflowers.

	<p>Who is the project for?</p> <p>It is for people who have a learning disability</p>
	<p>Who will it help?</p> <p>It will help lots of people including:</p> <p>people with learning disabilities, doctors, social workers, members of our families, friends, and our support workers.</p>
	<p>What will we be doing?</p> <p>We will be arranging Speak Up groups for people to talk about their experiences.</p> <p>We will listen and use what people say to help us understand how to make things better.</p>
	<p>We will also set up some small groups to find out about new ways to support people.</p> <p>The small groups will be closed groups.</p> <p>This means it will always be the same people.</p> <p>This is so we can get to know and trust each other.</p> <p>There will be about six people in each group.</p>



Can you tell me more about the closed groups?

The groups will be run by a qualified counselor as well as Suzanne or Fliss.

They have a lot of experience of working with people with learning disabilities and helping them talk about their feelings.



When do the closed groups start?

The first group starts in September 2022.



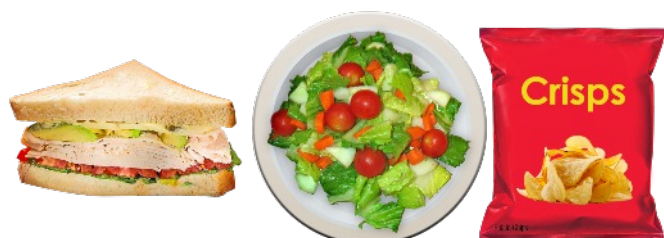
How often will the closed groups meet?

We'll meet once a week for 12 weeks.



How would I get to the group?

We will arrange transport for people to get to the groups.



What about lunch?

We will provide lunch for everyone at the group.



What if I get upset?

We will support each other and make sure everyone feels safe.



What happens when the groups end?

We will tell the NHS what we have found out.

We will also share what we found with other organisations so that they can help make things better for people who are coping with death, dying or loss.

If group members would like to, we will make a film to show people the things we learned, and some of the ideas we have had that we think will make things better for us and other people.



I would like to find out a bit more. Is there someone who can talk to me and my family about it?

Yes, you can contact **Suzanne**, Sunflower Project Manager:
Phone: 07469928565

Email:
suzanne@cornwallpeoplefirst.com

Or any other member of the CPF team.